



Food for People

The Food Bank for Humboldt

FOOD NOTES

Newsletter



BACKPACKS FOR
PG. 2

VOLUNTEER D
NEEDED
PG. 5

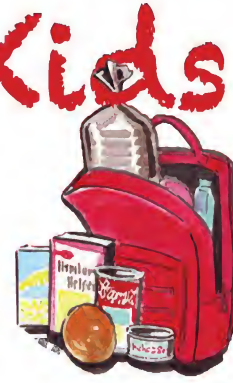
JOB TRAINING
PG. 8

HOLIDAY FUN
PG. 10, 11



Backpacks For Kids

Weekend Hunger Relief for Local Children



Carrie Smith, Food for People's Child Nutrition Programs Coordinator, has been working with the Backpacks for Kids Program at Food for People for nearly five years. This program is designed to bring bags of food directly to schools, which are given to participating at-risk children on Fridays, so they have food to eat over the weekend. As an advocate for children, and someone who is passionate about the benefits of eating a balanced, healthy diet, Carrie feels like this program continues to be a labor of love. "I can't think of a job I'd rather be doing. I love the idea that I can be a part of bringing nutrient-dense, kid-friendly foods to children and families who are dealing with food insecurity."

We had a chance to talk with Carrie to glean some insight on how the Backpacks for Kids Program works, as well as stories from her years coordinating the program.

What can you tell us about the children and families this program aims to help?

The families we serve come from a variety of backgrounds. I know some of the families are houseless, so they don't have cooking facilities to prepare meals. I heard of one family who only had access to the hot water at a local gas station, which limited the foods they were able to eat. That's why I try to find pop-top cans when possible, and I try to find food that can be eaten directly out of the packaging. Other families might have homes and are working, but without a livable wage, they may not be able to afford to feed their families the quality and amount of food necessary for the children to grow strong and healthy.

What impact do you think the Backpacks for Kids Program has on children enrolled in the program?

I appreciate the fact that we can give this food directly to the children. I think this gives them a greater sense of control over the food, although I know that most of the children do share it with their families. I think it eases anxiety and allows them to focus on being kids, rather than their empty bellies or stressing on not knowing where their next meal may be coming from. I've heard from teachers and staff that the participating children seem to be sick less often, and they've



How do the children and families feel about the program?

They are really grateful for it. One child said, "This is the best program that I gave to the children, on Fridays they are always excited for Fridays because it's Friday after school, when normally they would be bored." This confirms the fact for me that this program is appreciated.

Have you seen any change in the need for the program since it began?

When I started working with the program, there was a waiting list. It costs \$295 for the program. We rely on grants, community fundraising, and donations to piece together the funding that makes the program possible. The need always seems to be greater than the supply, though we are now serving more schools in our County (36 at last count!) there always seems to be more need. The unfortunate reality is that if we were to serve all the kids that would benefit from a program like this, we wouldn't have enough space to accommodate them. I purchase several pallets of food each week, but we don't have the time to manage all the necessary logistics. The need continues to grow. It's an unfortunate reality.

What do you like about the Backpacks for Kids Program?

I like how basic the concept is: 1) Identify children with food insecurity; 2) Bring them two bags of food each Friday for two dinners with snacks each Friday for the weekend.

Is there anything else you would like to see in the program?

I just can't say enough about it! Since the program started throughout the county make this program possible. We partner with local family resource centers, churches, and many donors and volunteers to make the program work. We estimate that about 70 hours a month are spent on this program alone! Many groups do the actual bag packing and delivery to the schools, which shows how dedicated our community is. It's amazing that we couldn't reach the more than 500 students who are in need.

For more information on the Backpacks for Kids Program, please contact Carrie Smith at Food for People. We are always looking for sponsors to help us reach more children in need.

Notes from the Director

Food Sourcing in an Ever Changing Environment



Food
The Food Bank



Executive Director of Food for People Anne Holcomb.

Food for People just wrapped up fiscal year 2017-2018, which gives us an opportunity to review and analyze the many trends that impact our work. Food sourcing is one of the top priorities for all food banks, and it is interesting to look at the data and reflect on the changes that have occurred over the past 10-15 years.

The United States Department of Agriculture (USDA) Emergency Food Assistance Program (EFAP) has been a primary source of food for food banks since it was established in 1981. USDA contracts with farmers to produce foods that are designated specifically for food banks and school meal programs. And while it has been a consistent source of food for our programs, it hasn't always provided healthy options. Canned meats with a layer of fat on top, canned fruits loaded with high fructose corn syrup, canned vegetables high in sodium and a complete lack of whole grains often characterized the monthly offerings. Thanks to the efforts of advocates nationwide that highlighted the

been some significant changes over the past 10 years. There are more canned high-quality and frozen meats, whole grain pasta, frozen or dried fruits and low-fat dairy products. It makes a big difference for households dealing with diabetes and other health-related issues that require a healthy diet. Food for People receives a limited, monthly allocation of USDA food that is supposed to stretch to cover countywide needs, and we want those foods to be as healthy as possible.

The other source of USDA/EFAP food that many of you may be unfamiliar with is referred to as "bonus offerings," and is directly linked to the USDA's price supports program. This means that when major fluctuations in the commodity markets take place, and factors such as an overabundance of an item triggers a drop in market prices, USDA steps in to purchase those items for diversion to food banks to help stabilize market prices. The offerings are not predictable and are usually offered in quantities that make them hard to distribute equitably,

now we're seeing an offering of new bonus items in a volume we've never experienced before. The offerings are referred to as "trade mitigation bonus offerings," and are part of the administration's effort to stabilize markets impacted by recently enacted trade tariffs. We have limited information to date, but have been told we will have access to large quantities of fluid milk, plus pork and chicken products. These are highly prized items, but they come without any additional administrative funding to handle the storage, handling and transportation costs associated with accepting them. **The down side for us is that most of the items require additional cooler and freezer storage that we just don't have**, so our ability to accept them, based on once per month deliveries, will be limited. This is brand new territory for us and we look forward to updating you as we learn more.

Technology and the expansion of secondary markets in recent years have been another factor impacting the volume of donations we receive from local stores, markets and food producers. Sophisticated inventory systems make it possible to monitor inventory more closely and adjust ordering as trends change. This is a great advantage for store managers who have to watch the bottom line. We used to joke that we could always tell when a store had a new department manager because we'd see a spike in donations that would level out once they got things dialed in. The stores have also shifted from keeping significant back

the possibility that the back stock of items will go out of date and be pulled as a donation. These changes are good for the business owner, and we want them to succeed, but it does put additional pressure on us to find new sources.

The other phenomenon that has evolved is the growth of discount stores that have created a business model based on taking the "close to pull date" items and selling them at a discount. It's great for consumers shopping on a budget, but it represents yet another diversion of good quality food that used to go to food banks.

Good old Mother Nature is the other variable that affects us both locally and nationally. The amount of food donated through our gleaning program can vary widely from one year to the next if we've had a wet, cold spring, drought conditions, or fires. And as we've seen in other parts of the country, natural disasters like hurricanes can wipe out an entire food industry in a matter of days.

We're doing our best to stay on our toes and find creative ways to meet local needs with the most nutritious foods possible and we're grateful to all of the local donors who support our

A special thank you

Our newsletter is printed using soy inks. All paper generated in the process of printing is sent directly to the paper mill for recycling. **Waste not, want not.**

Cooking Classes: Food and Fun for All Ages



Anne Haris and a happy student enjoying the cooking class.

It's never too late to discover new recipes and techniques. Whether a budding chef looking to learn the basics or a veteran looking for inspiration, we have a cooking class for you. We emphasize the use of seasonal produce, herbs and spices to add flavor and variety to your skill set. All of the recipes we use focus on affordability, presentation, and nutrition.

The classes are taught by long-time volunteer Anne Haris, who dedicates her time to teach others. Anne has an extensive background in teaching restaurant occupations for 25 years with the Humboldt Community Center of Education's Humboldt Regional Occupational Program. She has taught classes in her home. Anne is retired now, but is a food enthusiast.

During our next class, we will be using butternut squash. This versatile squash can be served in many ways. Here is one of our recipes:

Coconut Butternut Squash Soup



Ingredients

- 1 large butternut squash (about 1 ½ pounds)
- 2 tablespoons olive oil or other vegetable oil
- 1 large yellow or sweet white onion, chopped
- 1 medium apple, any variety, peeled and diced
- 2 cups prepared vegetable broth, or 2 cups water with 1 vegetable bouillon cube
- 2 teaspoons good-quality curry powder
- 2 teaspoons grated fresh or jarred ginger, or more, to taste
- Pinch of ground nutmeg or allspice
- 1 14-ounce can light coconut milk
- Salt and freshly ground pepper to taste

Try adding complexity to your squash with these helpful pairings:

Herbs: Sage, Thyme, Rosemary

Spices: Nutmeg, Cinnamon, Cumin

Meat: Pork, Chicken

Fruit: Apples, Cranberries

Vegetables: Kale, Chard, Spinach

Nuts: Walnuts, Pecans

Directions

STEP 1: To bake the squash, preheat oven to 375°F and place halves, cut side up, in a foil-lined, shallow baking dish. Rub the cut sides with oil and place tightly with more foil. Bake for 30 to 50 minutes until the flesh with a knife. Scoop out and set aside.

STEP 2: Heat about half the oil in a soup pot. Add onion and cook on medium-low heat until golden, about 8 to 10 minutes.

STEP 3: Add the apple, squash, broth and spices. Cover and simmer gently until the apples are soft.

STEP 4: Transfer the solids to a food processor in batches if need be, and process until smoothly pureed. Return to the soup pot. You can also use an immersion blender.

STEP 5: Stir in the coconut milk and return the soup to a simmer over low heat for 5 to 10 minutes, until well heated. Season with salt and pepper. Top with toasted pumpkin seeds or other nuts.

Source: NYT Cooking: cooking.nytimes.com - 🍴

Volunteer Delivery Drivers for Senior & Homebound People



Michael Barnes and Susan Wilson busy working hard.



One spectacular volunteer showing off his packed car.

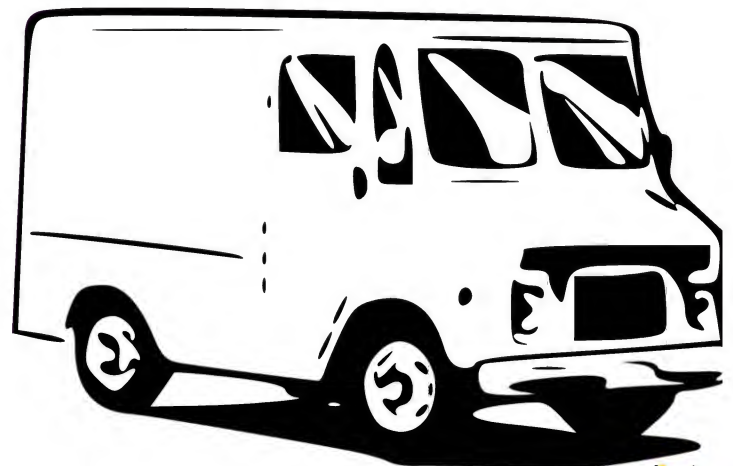
If you've been following Food for People for a while, it's no secret that volunteers are the lifeline of the organization. Our volunteers are dedicated folks; some with enough experience to be able to move in and out of various positions. They're flexible, reliable, and compassionate people who love to serve their fellow community members in whatever way possible. Although Food for People's staff relies heavily on the hours given by volunteers, it's our served community who most appreciate the support.

Just ask our volunteer delivery drivers about their experiences with dropping off food for seniors and homebound folks through our Senior and Homebound Delivery Programs. These volunteer drivers deliver food to households that would otherwise find it hard or impossible to access the nutritious and delicious options provided by Food for People. While it's a clear benefit to the households receiving the food, delivering food to Senior and Homebound folks is also a positive experience for the volunteer drivers.

One of our Eureka drivers, Susan, reports that what makes her feel good about volunteering is the fact that it's "something I can do easily [while making] a difference in people's lives." Susan understands that for the people she serves, getting a food delivery is more than just the fresh produce and pantry staples. For our seniors and homebound folks, these deliveries also provide "dependable, friendly visits." Susan appreciates the fact that she can see the same people every month, get acquainted with them, and learn about their lives. "Grateful" is a term that we hear a lot from both our volunteers and the people we

programs. She says that some people she delivers to "have referred others to Food for People [and it becomes] known among people that there is a safety net for them" in our county. Experiences like that are common among our drivers, and many claim that those moments can make their day. It is what motivates them to continue volunteering. 🌟

Does delivery driving to Humboldt County seniors and homebound individuals sound like something that you would be interested in? Reach out to Paloma Herrera, our Direct Services Manager, at (707) 445-3166 x310, or pherrera@foodforpeople.org to learn more about this and other volunteer opportunities. We'd love to have you join our volunteer force!





Board of Directors

Carol Vander Meer, **President**
 Martha Spencer, **Vice President**
 Lew Litzky, **Treasurer**
 Nick Vogel, **Secretary**
 Amber Madrone
 Bill Daniel
 Dallas Rhodes
 Dean Hart
 Dorina Espinoza
 Edie Jessup
 Jerome J. Simone
 Neal Latt

Staff

Adam Hayes, **Development & Communications Specialist**
 Anne Holcomb, **Executive Director**
 Carly Robbins, **Development Director**
 Carrie Smith, **Child Nutrition Programs Coordinator**
 Corey Tipton, **Bookkeeper/ Business Resources Manager**
 Deborah Waxman, **Director of Programs**
 Erin Tharp, **Choice Pantry Coordinator**
 Frank DiLorenzo, **Driver**
 Heidi McHugh, **Community Education & Outreach Coordinator**
 Jorge Reyes, **Warehouse Assistant**
 Juan Miranda, **Bilingual CalFresh Outreach Specialist**
 Judy Langley, **Fundraising Assistant**
 Karen Asbury, **Inventory Database Manager**
 Katrina Salinas, **Local Food Resources Intern**
 Leah Russel, **Receptionist**
 Lori Rudebock, **Finance Director**
 Matt Drummond, **Nutrition Education Coordinator**
 Michelle Dedekam, **Warehouse Distribution Specialist**
 Michael Barnes, **Senior & Homebound Programs Coordinator**
 Mikayla Godman, **Receptionist**
 Mike Seeber, **Mobile Produce Pantry Coordinator**
 Nia Tikoo, **Logistics Manager**
 Paloma Herrera, **Volunteer & Direct**



Holiday Newsletter

With 18 programs and 12,000 people fed every day

The perfect way to give this holiday is a donation to Food for People

Two Ways to Give

Give the gift that
keeps on giving

Become a full plate partner
and feed your community
every month this year

Most partners give

\$10 a month
\$25 a month
\$50+ a month

Donate online at
www.foodforpeople.org
or mail in this envelope and
check the full plate partner box



Give a donation as
a gift this holiday

Make a one time donation
help us feed Humboldt County
the upcoming year

The most popular donations

\$50
\$100
\$250+

Donate online at
www.foodforpeople.org
or mail in the envelope
Thank you and Happy Holidays



Leftovers: Senior Hunger in America

In an effort to engage Humboldt County in a conversation about hunger and our elders, Food for People, in partnership with the Humboldt Food Policy Council, held a free, community screening of the film *Leftovers*. In this independently produced film, photographer Seth Hancock, who rarely thinks about getting old or food insecurity, is asked to make a documentary about senior hunger and the treatment of senior citizens in America. After making this film, Seth has remained connected with the issue.

“

For someone who never thought about hunger or getting older, it's fascinating what a little education and caring can do to make me understand what could be facing so many of us in the years to come. I also learned how we (humans/Americans) have so much more in common and face many of the same challenges and issues regardless of our socioeconomic issues or financial status. This issue is one that will affect all of us in one way or another.

”

- Seth Hancock

The film screening took place on Saturday, October 20th at the Eureka Theater, followed by a community discussion with the film's creator and local individuals sharing their experiences working to reduce senior hunger. Throughout Humboldt County there are many agencies working to increase food access for seniors. Free and low-cost congregate and home delivered meals for seniors are available at multiple sites throughout the county. Seniors can also access food through a variety of Food for People programs. Seniors age 60 and up represent 22% of the people we serve. 🌱

Do you know a senior who could benefit from food assistance? Contact Food for People's Senior & Homebound Programs Coordinator Michael Barnes at seniors@foodforpeople.org or (707) 443-3166 x303 for information or to apply.



Food for Thought

"We are grateful to have the food, because us
cupboards are empty and when you guys co

Valuable Skills & Job Training at Food for People



*Making Headway
sorting produce at our
Eureka facility.*



Food for People is fortunate to have people of all ages and abilities who share their time and talents as volunteers, and we could never accomplish all that we do without them! Collectively, they contribute the equivalent of 17 full time staff positions each year, helping our staff with all aspects of food bank operations and service delivery across our 18 programs. One of the things that we love about our volunteers is the diverse range of skills and interests that compel them to volunteer, including people with disabilities in our community who volunteer either individually or as a group. They appreciate the social connections with our staff and other volunteers, the opportunities for learning and skill building, and the feeling that their efforts make a difference.

There are individuals and groups of people affiliated with organizations such as Making Headway, Gaining Ground, Multiplicity, HCAR, Enriching Lives, Redwood Independence, and Community & Employment Links that come daily, weekly or monthly to volunteer. They generally come with a support person and work together to stock shelves or move produce from large bins into crates, which makes it easier for us to store and use. Their volunteerism is part of a broader plan to increase

Each one of our volunteers has their own unique story, and I'd like to share what I learned from TJ and Amy. TJ Sinnard has been developing work skills through a program called "Enriching Lives," an organization that "provides an environment where individuals are afforded the opportunity, environmental supports and personal choice to grow into the best version of themselves," according to their website. The goal for his paid internship is to secure a part-time job in the community. For the past year, he has been the "right hand man" for Frank Di Lorenzo, our daily route driver, going to each of the markets and grocery stores that donate regularly to help collect, weigh and load the donations into our van before bringing them back to the food bank where they are unloaded and sorted. As part of the training process, he has learned to operate both a manual and electric pallet jack and to weigh donations accurately. He said that with Frank's help, he has also learned how to "coordinate and work well with others." In fact, he said his favorite part of the experience was working with Frank, knowing that the food they collected was helping so many people every day. TJ also got his driver's license during this time and is hoping that will help him in his search for a part-time job.

I also did a brief interview with Amy House, who kept right on working alongside her support worker, Star Malandro, as she

the functional skills world around the and fulfilling lives. Star stock the shelves crate produce in busy stocking shelves she likes to volunteer. She told me it's a plan and that she. When I asked her to make sure people from the food bank said, "Because Amy also takes College of the Redwood works at the Community Thrift Store, saving her vacations.

The greatest thing each of our volunteers does is something to give part of something you would like for People's volunteers. contact Paloma, Manager, at (707) 445-3166 or www.foodforpeople.org

By: Anne House
Executive Director



Good News! An End in Sight for the CalFresh "Cash Out" for SSI

I joined Food for People in 2012 as the Community Education & Outreach Coordinator. One of my core responsibilities is to connect households to the CalFresh program. People come to our pantries because they have to choose between rent, utilities, healthcare, and food. Because of food banks like ours, and programs like CalFresh, some food is available to ease the stress of increasingly high costs of living. In the six years I have been doing this work, one of the hardest things to accept is the perpetual poverty that recipients of Supplemental Security Income/State Supplementary Payment (SSI/SSP) often find themselves stuck in.

SSI/SSP is a cash benefit for persons of all ages with disabilities. The benefit also doubles as a supplemental payment for retired Social Security recipients whose benefits are low due to a limited work history or low wages. California's cash-out policy started in 1974 when the federal government began the combined federal-state program. At that time, states were allowed to increase their state supplementary payment instead of administering food stamps to SSI/SSP recipients. California opted for this "cash-out" policy and increased its monthly SSP grant by \$10. In 1974 this was a good idea. The extra \$10 bought plenty of food, SSI recipients didn't have to deal with applying for and maintaining their food stamps, and administrative costs were reduced for the State and counties administering the program. Over time, the criteria for maintaining cash-out has changed. Instead of the inclusion of an extra \$10 for food purchases in the SSP, California's cash-out policy is now based on the state's implementation of federal cost-of-living adjustments (COLA) to the federal SSI benefit.

Between 2007 and 2017, the cost of living in California rose by nearly 14%. In that same time period, the SSP portion of the program was cut from \$233 per month to the federal minimum of \$156 per month. The SSP Cost-of-Living-Adjustment (COLA) was repealed in 2009 during the Great Recession, requiring new legislation to provide a COLA on an annual basis. Only one SSP COLA has been provided since that time. In 2018, SSI/SSP recipients in California receive a benefit that is 90% of the federal poverty level, just \$910 per month for an individual. Studio apartment rent exceeds half of that amount in all 58 California counties, and exceeds it completely in 16 counties. Food banks like Food for People help fill the gap with much needed food, but it still is not enough.

A major victory for seniors and persons with disabilities was won in the 2018-2019 state budget. SSI/SSP recipients in California will be eligible for CalFresh in June of 2019! Additionally, the SSP COLA will be restored in 2022.

This will have tremendous impact on so many of the community members our food bank programs serve. On average, 35%-45% of the households that participate in our programs include a household member who receives SSI/SSP. For those who live

victory for Californians living with disabilities, low-incomes, and the communities that serve them. I received a phone call from a man who had read the Los Angeles Times-Standard about the upcoming change.

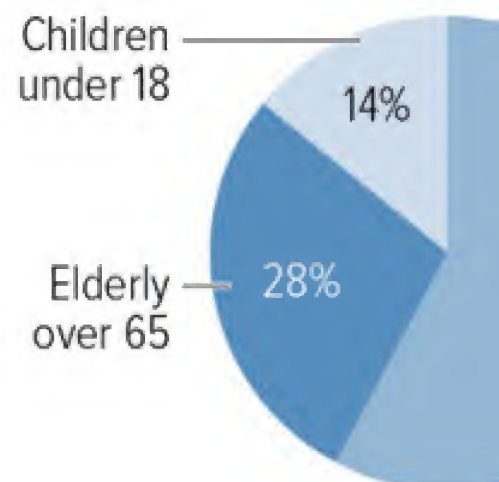
“

I am an SSI recipient, and I've been hungry for so long, and I read that I can get CalFresh. I get \$200 after paying for rent and utilities, and I can use \$100 of that \$200 for food. Last month's Cost of Living Adjustment was \$100. My rent went up by \$100 after the increase kicked in. With CalFresh I will be able to eat a meal a day.

”

For more information about the end of the cash-out policy for SSI recipients or on Food for People's advocacy efforts, contact our Community Education & Outreach Coordinator at hmchugh@foodforpeople.org or (707) 441-1111.

Supplemental Security Income Recipients by Age



Source: Social Security Administration

Holiday Food & Fund Drive



The holidays are quickly approaching, and Food for People is gearing up to host the 26th annual Holiday Food & Fund Drive! Spanning November and December, this is our largest food and fund drive effort of the year. More than 100 businesses, organizations and groups participate each season holding fundraisers, food drives, and special events to provide food to low-income seniors, children, and families during the holidays. These efforts bring in roughly half of Food for People's total food drive donations each year!

During this season, we are called to reflect on our own blessings and look for ways to share with our fellow human beings. For low-income families, the additional pressure to provide a special holiday meal or gifts can be overwhelming when resources are already stretched. We encourage you to participate and share the "Holiday Spirit" with families in need. Food for People is here to help, but we can't do it without the generous support of our community.

There are lots of ways you can get involved with the Holiday Spirit Food & Fund Drive.

Think you can take on the challenge?



Holiday Donations

It's easy to donate! We partner closely with our countywide network of pantries to ensure that donations made in a community stay in that community.

Donation Drop Sites: Look for the Food for People logo! Donation barrels and boxes can be found at grocery stores, businesses, and other organizations across the county making it easy to drop off nonperishable donations anytime.

Holiday Donation Bags: The week leading to Thanksgiving, you will see our holiday donation bags distributed in the Times Standard and Redwood Times. These bags include a list of donation drop-sites and most needed items. Fill your bag with nutritious nonperishable foods and bring them to the nearest drop site to donate.



Food for People Operations Manager Tim Crosby shows off a bin of holiday donations.

Community Food & Fund Drive

Join the Hunger Fighter Challenge!

The Hunger Fighter Challenge brings together organizations, business, churches, clubs, and more to collect food and fund donations to help meet the Hunger Fighter Challenge goal of 15,000 pounds or dollars to help feed families in need during the holidays. Everyone is encouraged to form a team! Visit www.foodforpeople.org/hunger-fighter-challenge for more and enroll.



KHUM's On-Air Food & Fund Drive participants during the drive.

KHUM's On-Air Food & Fund Drive:

For more than 15 years Food for People has presented a highly anticipated, week-long, on-air food and fund drive during Thanksgiving. Each day we broadcast live from local grocery stores, using this unique opportunity to provide food for People throughout Humboldt County. KHUM's On-Air Food & Fund Drive is a great way for informed advocates of Food for People. All who participate in the drive will receive a special gift.



Cowboy Canned Food Convoy:

The kick-off to the Holiday Food & Fund Drive. Each year, the Redwood Unit of the Backcountry Horsemen of California collects nonperishable food items and packs their saddle bags full for a parade through Old Town Eureka to deliver their donations to Food for People. Once they arrive, we feed the horses apples and carrots while their riders unload hundreds of pounds of food. This is a fun, family-friendly event and we invite the community to join us Saturday, November 17th, at 12:00 pm at the foot of C Street in Old Town.



Food donations are unloaded during the Cowboy Canned Food Convoy Kickoff event.

Senator McGuire's Humboldt Holiday Food Drive Showdown:



Students from McKinleyville High School celebrate with Senator Mike McGuire and Food for People's Executive Director Anne Holcomb as they drop off the donations they collected during the 2017 Humboldt Holiday Food Drive Showdown.

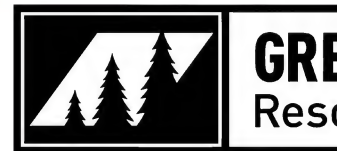
For the third year Senator McGuire and his team will coordinate a large-scale competitive food drive between local high schools to see who can collect the most food donations. You can help! Stop by the big "weigh-in" event on December 12th from 3:00 pm to 7:00 pm at Safeway in Eureka with your donation.

These are just a few of the ways to get involved in the 26th annual Holiday Food & Fund Drive. Many organizations and groups host smaller independent food drives during the holidays, and we have great ideas and resources available to make the most of your efforts.

Your help makes all the difference! We cannot serve the people we do without the generous support of our community. Every can, dollar, and hour you donate makes a big difference in a person's life. Help build a healthy and hunger-free community for us all. 🍷

You can get involved today! For questions or more information about Food for People's Holiday Food & Fund Drive, visit www.foodforpeople.org or contact our Development Director, Cathy Robinson at (707) 442-1111.

Thank
Holiday Food & Fund Drive





Ben Thompson and Aubrey Schooley of Fair Curve Farm show off the fresh produce from their farm in Ferndale.



Ben Thompson showing off what local produce looks like.

Fair Curve Farm

On a breezy fall day, our Local Food Resources Coordinator traveled south to the Victorian village of Ferndale to visit Fair Curve Farm. Nestled between corn fields and horse pastures, Ben Thompson and Aubrey Schooley have been hard at work managing the first year of their two acre farm's life. Meeting in 2015 while working on other local farms, Ben and Aubrey soon learned they had a shared passion for organic farming, and also recognized a gap within our local food system. They noticed there was a concentration of farms in Southern, Eastern and Northern Humboldt, but the options were limited for areas in the center of the county like Ferndale and Loleta. After leasing a small plot of land in central Ferndale, Fair Curve Farm was born!

Entering an established food system is never easy, but Fair Curve Farm has been able to find a special niche by thinking outside of the box about how they can best serve their local community with nutrient dense organic produce. While many farms try their hand selling produce at the Saturday Arcata Farmers' Market, Fair Curve Farm decided to stay close to home. They partnered with the Ferndale business community to sell produce once a week at their own Saturday Ferndale Farm Stand,

providing organic produce to a community that otherwise would have limited access. Customers can purchase a variety of produce from the farm stand, or they can pick out items to fulfill their free-choice, market-style Community Supported Agriculture (CSA) share. Having freedom of choice in what we eat is very important to the farmers, and offering a free-choice CSA share, rather than pre-packed boxes of vegetables, ensures that their clients are

Food for People first met Fair Curve Henderson Center Farmers' Market and was drawn in by the friendly farmers. Ben and Aubrey generously donated to the food bank, and we were able to support Mobile Produce Pantry and senior programs when funding allowed. Since the farm's climate of this county, they have helped clients when other farms may be in the growing season in certain areas is a relationship, they have helped ensure a consistent source of local, organic produce for the county. We look forward to working with them as they continue to grow great produce for

For more information about how Fair Curve Farm supports local farms to support the Humboldt County foodforpeople.org /local-food-system. Contact Local Food Resources Coordinator Sierra Leash at sierra@foodforpeople.org or (707) 445-3166 x312.



Food for People
The Food Bank for Humboldt County

Mission. Food for People is working to eliminate hunger and improve the health and well-being of our community through food justice and education.

Vision. We envision a community where everyone has access to good quality, nutritious food, understands